



Sleep and Chronic Pain Discussion Questions

September 2023

Leaders may want to play this 5 minute video as an introduction to the Sleep topic.

[Chronic Pain and Sleep Problems](#)

1. What are some things you do in your routine to prepare for a good night's sleep?
2. What are some strategies you use for relaxing in the hour or two before bedtime?
3. What is your bedtime routine and how does it help you?
4. What are ways you cope with anxious thoughts when you have them at night?
5. How does sleep affect your mood, pain and activity?
6. Do you consume caffeine, food or alcohol close to bedtime? Does it affect your sleep?
7. Some say that keeping a sleep diary or journal can be helpful. Have you tried or benefitted from tracking the factors that may affect your sleep?
6. Are there any specific factors or stressors that you believe may be affecting your sleep?
7. If you wake up and can't get back to sleep, what helps you fall back to sleep?
8. Have you tried any strategies or remedies to improve your sleep, and if so, have they been effective?
9. Do you keep a regular schedule for bedtime and waking up? If not, what interferes with you doing this?